

PHYSICAL EDUCATION

PHED-113 Intro to Personal Training 3 cr.

The purpose of this course is to instruct and improve student's knowledge on how to develop the skills and knowledge necessary to be a Personal Trainer; begin preparation to take and pass a Personal Trainers Certification; develop the ability to critically think through and apply information acquired to make rational decisions associated to fitness training. Semester Offered: Fall and Spring.

PHED-115 Walk/Jog/Run 1 cr.

Designed to improve the student's cardiovascular fitness through walking, jogging, and running. The student will learn to design an individual exercise/lifestyle program, how to reach their exercise heart rate, the benefits of being active on a regular basis, and how to apply safety factors. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring.

PHED-116 Fitness Training I 1 cr.

For individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The student will work out on a regular basis. This class is good for all fitness levels. Meets Physical Education activity requirements for AA degree. Semester offered: Fall, Spring, Summer.

PHED-117 Fitness Training II 1 cr.

Continuation of Fitness Training I and designed for individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The student will work out on a regular basis. This class is good for all fitness levels. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-119 Pilates 2 cr.

This class will improve physical strength and ability to perform Pilates. Pilates addresses the individual and teaches to listen to personal needs and abilities. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-121 Aquasize 1 cr.

A water exercise class to improve overall fitness. Also, the student will learn about various topics of health, wellness and fitness. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring.

PHED-122 Lap Swim/Water Walk 1 cr.

Designed for individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The course will assist the student to improve cardiovascular fitness, strength, flexibility and/or body composition. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-123 Swimming 1 cr.

This course is to improve each participant's overall swimming skills and physical condition. Also, the student will learn about various concepts of health, wellness, and fitness. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring.

PHED-124 Weight Training/Women 2 cr.

Introduction to weight training exercises, basic nutrition and basic anatomy. Proper form, safety in the weight room and consistency will be stressed. This course is designed specifically for women. Meets Physical Education activity requirements of AA degree. Semester Offered: Fall, Spring.

PHED-125 Personal Health and Wellness 3 cr.

Designed to study the various aspects of personal health and wellness including emotional, physical, social, occupational, spiritual and intellectual components. The class looks at the nature, scope, and function of major health considerations. This class does not meet the Physical Education activity requirement for AA degree. Semester Offered: Fall and Spring.

PHED-127 Beginning Yoga I 1-2 cr.

This class will improve physical strength and ability to perform asanas (poses). Hatha Yoga addresses the individual and teaches to listen to personal needs and abilities. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring.

PHED-130 Intermediate Yoga 1 cr.

This class is designed to give a more advanced knowledge of yoga poses and terminology. This class will improve physical strength and ability to perform asanas (poses). Meets Physical Education activity requirements for AA degree. Meets Physical Education activity requirement for AA degree. Semester Offered: Fall, Spring.

PHED-132 Group Exercise 1 cr.

This course is designed to improve and/or maintain each participant's overall physical fitness through a variety of group exercise classes. Physical participation is required, and students are encouraged to work at their own pace. The course is suitable for all fitness levels. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-133 Golf I 1 cr.

Instruction in basic skills, equipment, rules, etiquette and shot making of golf. Meets Physical Education activity requirement for AA degree. Semester Offered: Fall, Spring and Summer.

PHED-137 Weight Training I 1 cr.

Instruction in the basic skills of muscular strength and endurance development, theories of strength training, equipment and safety in lifting. Meets Physical Education activity requirement for AA degree. Semester Offered: Fall, Spring.

PHED-138 Weight Loss and Weight Training 3 cr.

This course is designed to help the student with an overall fitness program through instruction on proper weight lifting techniques, cardiovascular and nutrition programs. Semester Offered: Fall, Spring and Summer.

PHED-142 Beginning Karate 1 cr.

Introduces student to the basics of martial arts from both a physical and philosophical standpoint. Students learn to use their bodies as potential weapons, learn weak areas on the human body, increase their awareness of their surroundings and increase self-confidence and

reaction time. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-143 Advanced Karate 1 cr.
This class picks up where the beginning class leaves off. Students will finish the basics of one on one self-defense and will learn the basic application of two on one self-defense. Meets Physical Education activity requirements for AA degree. Semester Offered: Fall, Spring, Summer.

PHED-144 Group Exercise - Step Aerobics 1 cr.
This course is designed to improve and maintain each participant's overall physical fitness. Physical participation is required and students are encouraged to work at their own pace. This course is suitable for all fitness levels. Meets the Physical Education activity requirement for the AA degree. Semester Offered: Fall, Spring and Summer.

PHED-145 Group Exercise - Body Conditioning 1 cr.
This course is designed to improve and maintain each participant's overall physical fitness. Physical participation is required and students are encouraged to work at their own pace. Meets the Physical Education activity requirement for the AA degree. Semester Offered: Fall, Spring and Summer.

PHED-155 First Aid/CPR 2 cr.
Instruction in appropriate procedures for rendering emergency care for the victim of an accident or sudden illness. Upon successful completion students will receive American Safety Health Institute (ASHI) certification. Does not meet Physical Education activity requirement for AA degree. Semester offered: Fall, Spring, Summer.

PHED-182 Basketball 1 cr.
Instruction in the basic skills, strategies and officiating of basketball. Meets Physical Education activity requirement for AA degree. Semester offered: Fall, Spring

PHED-188 Volleyball I 1 cr.
Instruction in the basic skills, strategies and officiating of volleyball with an emphasis on proper techniques. Meets Physical Education activity requirement for AA degree. Semester Offered: Fall, Spring.

PHED-233 Golf II 1 cr.
Instruction in golf skills, equipment, rules, etiquette, and play. Understanding and application of the ball flight laws and principles of those laws. Meets Physical Education activity requirement for AA degree. Semester Offered: Fall, Spring

PHED-282 Basketball II 1 cr.
Advanced instruction in all aspects of basketball including skills, philosophies, and coaching stratagems. Meets Physical Education activity requirements for AA degree. Prerequisite: PHED 182 or approval of instructor. Semester Offered: Fall, Spring.

PHED-288 Volleyball II 1 cr.
Instruction in more advanced skills, strategies and officiating of volleyball with an emphasis on proper techniques. Meets physical Education activity requirements for AA degree. Prerequisite: PHED 188 or instructor's approval. Semester Offered: Fall, Spring.

PHYSICAL THERAPIST ASSISTANT

PTAP-110 Introduction to PTA 3 cr.
Introduction to the role of the PTA, PT, and other health care providers. Study of professional behaviors such as supporting the APTA, upholding ethical practices, abiding by applicable laws, maintaining patient confidentiality, demonstrating generic abilities, and understanding the *APTA Guide to Physical Therapist Practice*. Other topics include strategies to address personality types, learning styles, patient diversity, emotional responses, and activities of daily living. Introduction to information competencies, SOAP note documentation, and PTA MACS. Prerequisites: Acceptance into the PTA program. Semester offered: Spring for both programs.

PTAP-115 Musculoskeletal Focus 2 cr.
Enrollment restricted to prospective PTA students only. Basic anatomy of the musculoskeletal system including identification of anatomical surface landmarks. Introduction to osteokinematics and arthrokinematics. Prerequisite: BIOL-112. Semesters Offered: Summer and Fall.

PTAP-125 Clinical Kinesiology 4 cr.
Advanced anatomy of the musculoskeletal and nervous systems. Analysis of osteokinematics and arthrokinematics. Emphasis on clinical skills including palpation, manual muscle testing, goniometry, and special tests. Study of the normal gait cycle. Prerequisite: Acceptance into the PTA program. Semester Offered: Spring for both programs.

PTAP-130 Pathophysiology 3 cr.
Introduction to the function, anatomical components, and pathologies of each system within the human body. Study of sign and symptoms, etiology, diagnosis, treatment, prognosis, and prevention of diseases related to each system. Prerequisite: Acceptance into the PTA Program. Semesters Offered: Spring for on-campus program; Summer for online program.

PTAP-140 Therapeutic Exercise 3 cr.
Clinical techniques related to stretching, strengthening, posture, balance, coordination, agility, and aerobic conditioning. Treatment strategies for patients with surgical and non-surgical diagnosis. Prerequisite: PTAP 110, PTAP 125, PTAP 130, PTAP 150. Semesters Offered: Summer for on-campus program; Fall for online program.

PTAP-150 Procedures I 4 cr.
Clinical procedures related to patient care including hand washing, vitals, pain assessment, body mechanics, ROM, bed mobility, and transfers. Application of modalities such as cryotherapy, heat therapy, ultrasound, phonophoresis, and intermittent compression. Study of basic pharmaceuticals and medical testing. Prerequisite: Acceptance into the PTA program. Semesters Offered: Spring for on-campus program; Summer for online program

PTAP-160 Procedures II 3 cr.
Clinical procedures related to patient care including massage, airway clearance techniques, and wound care. Application of modalities such as infrared, ultraviolet, and diathermy. Study of wheelchair training, gait training, cardiac rehabilitation, and architectural barriers. Prerequisite: PTAP 110, PTAP 125, PTAP 130, PTAP 150. Semesters Offered: Summer for on-campus program; Fall for online program.